



WELCOME TO OUR MONTHLY NEWSLETTER

At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Jennifer L. Burch, Pharm.D., CDE, CPP

Essential Nutrients to Slow the Progression of Viral Infection

When it comes to nutrients, the word “essential” means that you need it but your body can’t make it. There are nine essential amino acids, two essential fatty acids (omega-6 and omega-3 polyunsaturated fats), 13 essential vitamins, and 20 essential minerals. Adequate amounts and proper balances of these nutrients are needed for proper metabolic function, to maintain bone, and to support neurologic and cardiovascular health. Nutrients also help to strengthen the immune response and prevent chronic disease. No single food can provide all the vitamins and minerals we need, so it’s important to eat a diverse, healthy diet. It may be necessary to take supplements to prevent deficiency of certain essential nutrients.



Vitamin D, vitamin B12, and magnesium are essential nutrients. A recent study conducted by researchers from Singapore and Duke Medical School evaluated the effect of daily doses of oral vitamin D3 1000 IU, magnesium 150mg, and vitamin B12 500mcg on COVID progression to severe outcome in older patients. This combination (called DMB) was chosen because the relatively safe nutrients help to reduce the body’s inflammatory response to viral infections. The study compared all consecutive hospitalized COVID-19 patients aged 50 and above in a tertiary academic hospital who received DMB upon admission if they did not require oxygen therapy, to a control group of patients who did not take DMB. As hypothesized, significantly fewer DMB patients required initiation of oxygen therapy or intensive care support throughout their hospitalization (17.6% of patients who took DMB required oxygen versus 61.5% of patients who did not take DMB).

Ask our pharmacist about the best form of supplements to maximize absorption and beneficial effects.

References:

<https://www.openfit.com/essential-nutrients-explainer>

<https://www.medrxiv.org/content/10.1101/2020.06.01.20112334v2>

©Storey Marketing. All rights reserved.

Join us for our Upcoming Virtual Seminars

Hormone Replacement Therapy for Women

Tuesday, July 28, 2020 7pm-8:15pm EST

You will be sent a Zoom link the day of the seminar

SIGN UP

Hot topic: Low Dose Naltrexone (LDN) and CBD

Tuesday, August 4, 2020 7pm-8:15pm EST

You will be sent a Zoom link the day of the seminar.

SIGN UP

To be informed of future events, please follow us on social media and visit our [Events page](#) on our website.

PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available due to the Coronavirus. Our hours are from 9-5:30 Monday-Friday with a break from 12:30-1 for lunch. Call or text us at 919-484-7600 when you arrive. Thanks for your patience.

Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

REVIEW US ON FACEBOOK

REVIEW US ON GOOGLE

ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, CPP, who

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!

READ MORE



is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175. **Call Mary, our Patient Care Coordinator, to schedule your appointment.**



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday

